

# EPCC NEWS

Evansville Psychiatric Children's Center  
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Spring is finally here! The sunshine and warmer weather certainly feels good after feeling winter's chill for what seemed like an eternity. The kids of EPCC welcomed the Spring season in many different ways during their break from the rigorous Evansville-Vanderburgh School Corporation schedule during the week of March 25—29, 2019.

As always, the children's Spring Break programming schedule was jam-packed with therapeutic, yet fun and exciting activities all week long. Some of the activities on Monday included playing card games with staff and peers on both dorms, coloring mandalas, getting outside in the fresh air and sunshine for a game of tag, and making individual pizzas.

Tuesday's schedule included a visit to Vertical Escape in Newburgh, a game of Backboard Dodgeball in the Gym, and a nice Nature Walk around the EPCC grounds.

Mid-week was certainly busy and exciting, as Wednesday included a trip to Mickey's Kingdom, a visit to a local library for Paws for Tales, and working with the RTA on a creation activity to design their own Theme Park!

The children put on an entertaining Talent Show for staff and their families on Thursday morning. We definitely have some talented kiddos! A game of Balloon Hot Potato and a chance to complete an Obstacle Course in the gym was a fun way to spend the afternoon.

The prelude to the weekend started off great with a fun game of Group Jeopardy led by a couple of BHRA staff. After another nice walk outside, the kids were treated to the premiere of the Dumbo movie at Showplace Cinemas. A painting activity and some individual privilege time helped the kids to

wind down in the evening after an incredible Friday.

Of course, the usual Yoga and Minds In Motion programs were held each day at the top of the morning. Community Meetings and Empowerments, which are part of our SOAR program were completed each day. Kids enjoyed snack time each day, and after an evening activity with RT, they enjoyed privilege time before getting ready for bed.

All these wonderful programs and activities were facilitated for EPCC's kids by our wonderful BHRA's (dorm staff), Recreation Therapists and Assistant, and our Occupational Therapist. A big thank You goes out to all of them for making the Spring Break Activity Schedule a success!

Also, a big Thank You goes out to our Community Friends. Through volunteer hours and donations, our Friends helped make all these wonderful activities possible. We could not provide trips to the movie theater, parks, libraries, and provide special snack items for our kids without your support.

If you wish to make a donation of your time, talents, or resources to EPCC at any time, please contact the Community Services Director at 812-477-6436 x 232 or email at [brandy.fox@fssa.in.gov](mailto:brandy.fox@fssa.in.gov).



The Easter Bunny paid a visit to EPCC right on time this year! His visit was courtesy of **Mrs. Darlene Short's 3rd Period Class at Castle North Middle School.**

Mrs. Short asked us on behalf of her students what our children would like to receive as a gift for the Easter holiday. The students cheerfully collected exactly what the kids wanted and needed and gifted them in beautifully assembled and wrapped baskets. The items included arts and craft items such as crayons, modeling clay, water colors, colored pens and pencils, suncatcher kits, origami kits, and glue sticks; small games, puzzles, and maze balls; and toys such as Hot Wheels cars, flying rings, footballs, and bouncy balls; and items just for fun like stickers and bubbles.

Each student added a beautiful greeting card to each basket with words of inspiration and encouragement handwritten on them. These cards helped each of our kids to feel extra special and the kind thoughts and words felt like warm hugs.



The kids and staff of EPCC would like to send a special thank you to Mrs. Short and her students for thinking of us during the Easter holiday season and making sure our children got the opportunity to celebrate in the ways all kids should.



# WANTED



## Sponsors for our



## Character Building Therapeutic Horseback Riding Program

### Attention all Friends Of EPCC:

We are in need of generous folks to sponsor our children in our Character Building Therapeutic Horseback Riding Program, held here on EPCC grounds every Spring and Fall. This program provides a valuable therapy component to each child's treatment.

The 8-week program consists of first learning to interact with the horses by petting and leading them, along with awareness that they are a living creature to be respected, learning what its like to be the horse through a leading exercise with staff and peers, caring for the horses by gently grooming and offering treats, becoming trainers for the horses by teaching simple commands, and eventually riding the horse when the child is ready. While riding the horse, the children do exercises to help strengthen their core muscles and increase balance.

Another important therapeutic aspect of the program is the improvement we see in each child's self-esteem upon completion. The role of caregiver to the horses combined with improvements in strength, balance, and coordination through lots of sensory input help tremendously with giving each child a sense of accomplishment. This is so important to the children's mental and physical health.

Currently, the cost for sponsoring a child in the program for the Spring term is **\$300**. However, any dollar amount is greatly appreciated. Individuals may donate separately, or groups can certainly team up and donate collectively.

To sponsor a child in the Character Building Therapeutic Horseback Riding program, contact the Community Services Director at 812-477-6436 x 232 or email at [brandy.fox@fssa.in.gov](mailto:brandy.fox@fssa.in.gov)

# Look What We Did

EPCC's kids have been participating in Minute To Win It challenges on Sunday mornings at 9:45 am. This has been a great way to let the children sleep in a little on Sundays, and then get them up and active in some fun programming to start their day. The games are competitive and challenging, as contestants have one minute to complete each challenge.

February's Minute To Win It games were Valentine's Day themed. Some of the games included Heart-a-Stack, which was stacking as many candy conversation hearts in a tower as possible; Q-pid's Arrow, using a straw to blow Q-tip "arrows" at a target; and Blow A Kiss, unwrapping Hershey's Kisses and Hugs while wearing gloves.

March's games reflected St. Patrick's Day. Luck of the Irish involved getting a cookie from your forehead to your mouth without using your hands; Tower of Gold required stacking as many pennies in a tower as possible; Sort the Rainbow allowed the children to work on fine motor and sequencing skills while sorting Skittles by color; and Shamrock Shenanigans challenged contestants to put together a picture puzzle of a shamrock.

Minute To Win It for April revolved around the Easter holiday. The challenges included Spoonful of Sugar in which the kids carried jelly beans on a spoon with the handle in their mouth; a Jelly Bean Hunt in a box of plastic Easter grass; Bunny Tail Toss which involved tossing cotton balls; and Peeps in a Nest with the colorful marshmallow candies.

A special Thank You goes out to Ms. Holly, BHRA, and her fellow staff who make this exciting program possible each month!

## Did You Know?

- EPCC served 38 children during the 2017-18 fiscal year.
- EPCC has served **over 1390** children since opening in 1966.
- The SAMHSA Grant activities resulted in elimination of the use of seclusion and a significant reduction in the use of staff-to-patient restraints.

## You Can Help!!!

The following items are always needed for the children and their activities: gift cards to Tools For Teaching, Michael's/Hobby Lobby/JoAnn Fabrics, Walmart, Subway, Domino's Pizza, Five Below, Showplace Cinemas, AMC 16 Theaters, Walther's Golf n Fun, ARC Lanes/Diamond Lanes/Franklin Lanes.

Other items that are welcomed at any time are kid-friendly toiletry items (shampoo, body wash, toothbrush/toothpaste, deodorant), and kid-friendly craft kits and craft supplies (no yarn, string, or pipe cleaners).

### We're Ready for Your Referrals

Refer through the assigned liaison from your MHC.  
Referral packet information needed includes:

Psychology Evaluation with IQ  
State Hospital Referral Form  
CANS

Psychiatric Evaluation from your MD

Contact Sharon Austin at 812-477-6436, x226

#### Need to contact us?

Call 812-477-6436 (exts. listed below) or email

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Resolve Needs – Build Strengths

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